



# FAST FACTS ABOUT PHYTODEFENSE®

PhytoDefense delivers the broad phytonutrient protection of six optimal servings of fruits and vegetables in one convenient pack. Each PhytoDefense pack contains GNLD's exclusive, patented Carotenoid Complex™, which delivers antioxidant protection from free radical damage for the lipid portions of cells; Flavonoid Complex™ to help protect the watery portions inside and around cells; and Cruciferous *Plus*™ which provides nutrients that work with naturally-occurring hormones and enzymes to promote good health.

## WHY CAROTENOID, FLAVONOID AND CRUCIFEROUS COMPOUND PHYTONUTRIENTS?

- The consumption of carotenoids has been linked to everything from stronger immune systems to lower risks of developing heart disease, cataracts, macular degeneration, and even cancer.
- A flavonoid-rich diet has been shown to help support the body's anti-cancer activity, enhance anti-inflammatory action and immune response, and reduce risk of developing cardiovascular disease, including stroke, high blood pressure and heart attack.
- Numerous studies have shown that populations consuming an average of eight servings of cruciferous vegetables per week report some of the world's lowest cancer rates, especially rates of breast and prostate cancers.

## WHY GNLD PHYTODEFENSE?

- **Optimal phytonutrient protection.**  
Each daily PhytoDefense pack contains 3 capsules of Carotenoid Complex, 2 tablets Flavonoid Complex, and 1 tablet Cruciferous *Plus*.
- Broad spectrum of whole food, Carotenoid, Flavonoid, and Crucifers.
- 100% natural

### CAROTENOID DEFENSE

- **Researched by the USDA.**  
Studies prove Carotenoid Complex:
  - Increases immune system cells 37% in just 20 days!
  - Boosts cancer-fighting cells 20%.
  - Curbs oxidative damage to cells 44%.
  - Delivers five times more protection to keep LDL (bad) cholesterol from leading to heart disease.
- Each Carotenoid Complex capsule contains an optimal serving of carotenoid-rich fruits and vegetables — tomatoes, carrots, spinach, red bell peppers, strawberries, apricots and peaches.

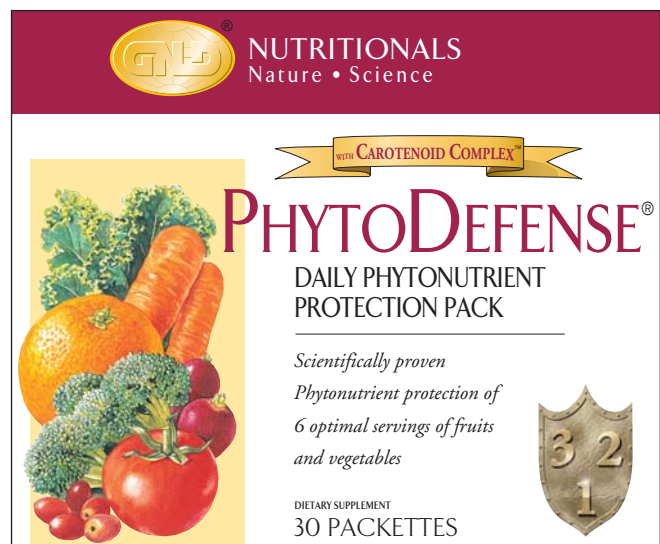
### FLAVONOID DEFENSE

- Ingredients in Flavonoid Complex inhibited the growth of cancer cells by up to 90% in a recent test tube research procedure using human cells.
- Flavonoid Complex delivers an optimal serving of all 5 classes of flavonoids in each tablet. Derived from whole

cranberries, kale, green tea (decaffeinated), beets, elderberries, red grapes, black grapes, oranges, lemons and grapefruit.

### CRUCIFEROUS DEFENSE

- Two decades of research and hundreds of studies link the components in Cruciferous *Plus* with:
  - A lower risk for developing cancers of the breast and prostate.
  - Prevention of good estrogen from converting to bad estrogen associated with a higher risk for breast cancer.
  - Ability to help lower cholesterol and neutralizes toxins.
- Cruciferous *Plus* provides an optimal serving of phytonutrients from selected cruciferous vegetables — broccoli, radish, kale, black mustard, brown mustard and watercress — in each tablet.





## Supplement Facts

Serving Size 1 Packette  
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	29	
Calories from fat	14	
Total fat	1.5 g	2%*
Sodium	77 mg	3%*
Total Carbohydrate	2 g	1%*
Protein	1 g	
Vitamin A (as beta-carotene)	7500 IU	150%
Vitamin C (as ascorbic acid)	100 mg	160%
Vitamin E (as d-alpha-tocopherol)	18 IU	60%
Lycopene	1200 mcg	†
Lutein/Zeaxanthin	410 mcg	†
Carotenoid Complex™ Blend	900 mg	†
Carrot oleoresin ( <i>Daucus carota</i> ) (root); Red Bell Pepper oleoresin ( <i>Capsicum frutescens</i> ) (fruit); Tomato oleoresin ( <i>Lycopersicon esculentum</i> ) (fruit); Spinach oleoresin ( <i>Spinacia oleracea</i> ) (leaves); Apricot concentrate ( <i>Prunus armeniacea</i> ) (fruit); Strawberry concentrate ( <i>Fragaria vesca</i> ) (fruit); Peach concentrate ( <i>Prunus persica</i> ) (fruit).		
Flavonoid Complex™ Blend	654 mg	†
Cranberry extract ( <i>Vaccinium macrocarpus</i> ) (fruit); Kale concentrate ( <i>Brassica oleracea acephala</i> ) (leaves); Green Tea extract ( <i>Camellia sinensis</i> ) (leaves); Beet concentrate ( <i>Beta vulgaris</i> ) (root); Elderberry extract ( <i>Sambucus nigra</i> ) (fruit); Red Grape Skin extract ( <i>Vitis vinifera</i> ) (fruit); Black Grape Skin extract ( <i>Vitis vinifera</i> ) (fruit); Orange extract ( <i>Citrus aurantium</i> ) (fruit); Lemon extract ( <i>Citrus limon</i> ) (fruit); Grapefruit extract ( <i>Citrus paradisi</i> ) (fruit).		

### Amount Per Serving % Daily Value

Cruciferous Complex™ Blend	525 mg	†
Soy milk powder; Broccoli extract ( <i>Brassica oleracea botrytis</i> ) (leaves); Radish extract ( <i>Raphanus sativus</i> ) (root); Kale extract ( <i>Brassica oleracea acephala</i> ) (leaves); Orange extract ( <i>Citrus aurantium</i> ) (fruit); Black Mustard extract ( <i>Brassica nigra</i> ) (fruit); Licorice extract ( <i>Glycyrrhiza glabra</i> ) (root); Brown Mustard concentrate ( <i>Brassica nigra</i> ) (fruit); Watercress concentrate ( <i>Rorippa nasturtium officinale</i> ) (leaves and stem).		

\* Percentage Daily Values are based on 2,000 calorie diet  
† Daily Value not established

Other ingredients: Microcrystalline cellulose, gelatin, olive oil, glycerin, yellow beeswax, calcium carbonate, purified water, lecithin, sodium croscarmellose, stearic acid, starch, silicon dioxide, hydroxypropyl methylcellulose, soybean oil, triacetin, natural colors, simethicone.

25 carefully chosen food sources provide a broad spectrum of phytonutrients including: alpha-, beta-, gamma-, zeta-, and cis-beta-carotene, lycopene and cis-lycopene, lutein, alpha-cryptoxanthin and beta-cryptoxanthin, zeaxanthin, catechins, anthocyanins, proanthocyanidins, flavones, flavanones, flavonols, elagic acid, isothiocyanates, sulfuraphanes, indolecarbinols, D-limonene,

**SUGGESTED USE:** 1 packette daily with breakfast or lunch.

Store in a cool, dry place, away from direct sunlight.

NOT SOLD IN RETAIL STORES

Available Exclusively From GNDL Distributors

Distributed By: **GNDL International, LLC**  
Fremont, CA 94538 U.S.A.



**Golden Neo-Life Diamite International, Ltd.**  
Bridgetown, Barbados, W.I.  
Kingston, Jamaica, W.I.  
Port of Spain, Trinidad, W.I.





# THE PHYTODEFENSE® STORY

## THE KEY TO MOTHER NATURE'S DISEASE-FIGHTING POWER

Every day your body deals with all kinds of threats to your good health. Not only are you constantly exposed to colds and flu viruses, but now, drug-resistant diseases are making headlines. Plus, your cells are continually under assault from increased oxidative stress that can lead to premature aging and chronic, life-threatening diseases like cancer and heart disease. In short, *your immune system is fighting harder than ever to keep you well!*

How can you boost your immune defenses and live a longer, healthier life? Scientists at GNLD turned to nature for the answer. The compounds that cause colors in fruits and vegetables also prevent cellular damage and disease: These are antioxidants called *carotenoids*. For the first time ever, this disease-fighting power has been captured in a capsule: GNLD's **Carotenoid Complex™**.

### RESEARCH STUDIES SHOW CONSUMING MORE CAROTENOIDS EACH DAY CAN:

- Boost your immune defenses to protect against colds and flu.
- Deliver powerful antioxidant protection against UV light and toxins like cigarette smoke, that are linked directly to risk for cancer, heart disease, cataracts and macular degeneration of the eye.
- Promote longevity. Research shows that people who consume the most carotenoids live longer.

Optimal antioxidant protection can only come from consuming a broad spectrum of phytonutrient groups from a wide range of nutrient-rich fruits and vegetables. To ensure this broad-spectrum protection, in addition to Carotenoid Complex, GNLD scientists formulated two other revolutionary products: Flavonoid Complex™ and Cruciferous Plus™. Combine all three products and you've got the scientifically-proven phytonutrient protection of six optimal servings of fruits and vegetables in one daily supplement pack: PhytoDefense! Just three capsules of Carotenoid Complex, two tablets of Flavonoid Complex, and one tablet of Cruciferous Plus and you'll be counting down to optimal health!

## FLAVONOID COMPLEX: CRITICAL CELLULAR PROTECTION AGAINST DISEASE

While Carotenoid Complex delivers *lipid-soluble* antioxidants from an optimal serving of fruits and vegetables, Flavonoid Complex provides the *water-soluble* antioxidant diversity. Two tablets per day can help put you at a lower risk of developing cardiovascular disease, support the body's anti-cancer activity, enhance anti-inflammatory action and improve immune response!

## CRUCIFEROUS PLUS: NATURE'S PROTECTION AGAINST BREAST AND PROSTATE CANCERS

Each Cruciferous Plus tablet provides 525 mg of bioactive ingredients, delivering protective phytonutrients from a broad-spectrum of cruciferous vegetables. One tablet per day can help protect against breast and prostate cancers, lower your cholesterol, neutralize toxins and boost immunity!

## PHYTODEFENSE: UNSURPASSED "PHYTONUTRIENT POWER"

With PhytoDefense, you can be sure you're receiving all of the health-promoting benefits of nature's most potent phytonutrient families.